

JANUARY 2026

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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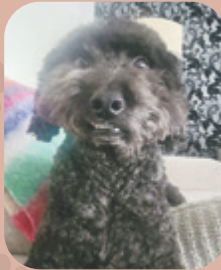
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ALRA VISION AND MISSION STATEMENT



VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.

MISSION STATEMENT

The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

ARBOUR LAKE RESIDENTS HALL RENTALS

Please see our website at www.arbourlake.com for rental information or visit the lake office.

Email: info@arbourlake.com

Phone: 403-241-2628

ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628

Website: www.arbourlake.com

Email: info@arbourlake.com

COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to info@arbourlake.com to let us know what your email address is. All future AGM information and billing invoices will be sent to registered members via email, so please confirm your information with us.

Hall Rentals Basics

Can I Rent the Hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations, and personal events such as birthday parties.

When Can I Book Hall Rentals?

Hall rentals must be booked at the Lake office. You must come into the lake office to book your rental, as we must go through a rental contract and necessary information with you.

What Do I Need to Rent the Hall?

You need your photo ID, payment for the hall rental, and a damage deposit cheque for \$400 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

Where is More Rental Information?

Website: www.arbourlake.com

Email: info@arbourlake.com

Phone: 403-241-2628

Hall Programs

The Arbour Lake Residents Hall hosts various programs through the ALRA, as well as through independent groups. Keep busy and connect with others through our various offered programs!

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. The programs are offered throughout the year and include "Strangers & Dangers," "Don't Touch! It's my Body," "Home Alone Safety," and the "Red Cross Babysitter Program." For more information or to register, please visit www.childsafecanada.com.

If you would like to host your program at the Residents Hall, please email us at info@arbourlake.com.



ALRA MONTHLY UPDATES

Happy New Year, Arbour Lake Residents!

We are looking forward to another great year, and we can't wait to have you join us at the lake! The year 2025 was phenomenal and we are incredibly excited to organize many more events in 2026. Help us make 2026 the best year for you. If you have any recommendations for activities, programs, or events let us know by emailing info@arbourlake.com.

The ALRA wishes you a joyful and safe winter season!

Lake Fees

The 2026 fees are due and, as of January 1, have begun accumulating interest. These fees can be paid at the lake office by cash, cheque, debit, Visa, or Mastercard. You can also pay through your online banking using the external reference number noted on your invoice. If you have not received your invoice or have any questions, please contact the lake office. Be advised that this fee is mandatory, and you cannot opt out of paying it.

Make sure to get your payment in soon!

Ice at the Lake

Hopefully, the winter weather will allow us to open the skating season early! But please remember that the ice could be thin and dangerous! Stay off the ice and all docks while the red flags are up.

There may be times when we need to close the ice for maintenance or because of unsafe weather conditions. The lake will be open on natural ice when ice depths measure between 10" and 15" and the Zamboni will be used once all test locations reach a minimum depth of 15".

Please never throw rocks onto the ice surface.

Watch the Flags!

Flagpoles are located around the lake and at the front entrance, which indicate ice conditions as follows:

- Red Flag: Full closure of the lake area (stay off and far away from the water).
- Yellow Flag: Partial closure (contact the lake office or check the website for updates).
- Green Flag: Lake is open for all activities for the summer or winter season.

Helmet Rule at Arbour Lake

- All skaters under the age of 18 must wear a helmet while on the ice at Arbour Lake.
- Anyone playing hockey must wear a helmet. No exceptions.
- Hockey sticks and pucks are only permitted on the designated hockey rinks.
- Ice fishing holes will be drilled by lake staff only. Personal augers are not permitted.



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Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

WHAT'S UP AT THE LAKE

Winter Programs Begin!

Our instructors are looking forward to the start of winter programs! To everyone who registered for winter programs, you are reminded that helmets are mandatory for all participants, parents are to remain at the lake during their child's skating lesson, and if a class is cancelled, a makeup class will be scheduled by the instructor.

Lights and Winter Pots

This season, we've had some beautiful winter pots on display made by our staff! We hope that you enjoy the fabulous light display that the lake staff worked so hard at putting up! The lights will be on until early-to-mid January. On another note, please be on the lookout and report anyone vandalizing the lights!



4-H INTRO CLUB

Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting 4hab.com/member.

Send us your potato head photos or ask us a question at introclubs@4hab.com.



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UPCOMING EVENTS

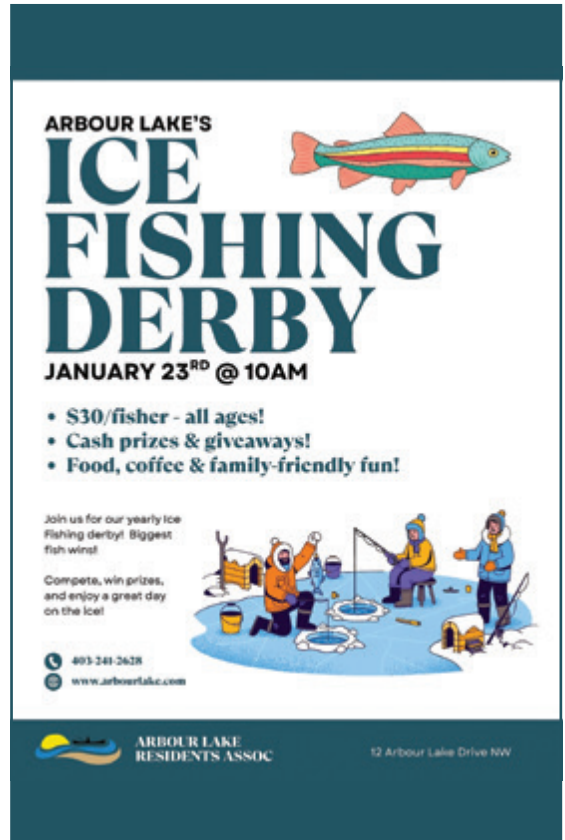
Movie On the Ice (TBA)

Get ready to enjoy the cold with some warm hot chocolate, delicious popcorn, and movie on the big screen!



Ice Fishing Derby | January 23

Join us for our yearly Ice Fishing Derby! Biggest fish wins! Compete, win prizes, partake in free giveaways and enjoy a great day on the ice! \$30 per person, lunch and coffee included!



Arbour Lake Safe Space Initiative

The ALRA Safe Space Initiative is dedicated to creating a welcoming inclusive environment that embraces the diversity of our residents, guests, staff, and community. Through continuous education, awareness campaigns, and outreach efforts, this initiative aims to create a foundation that respects and accepts every individual, irrespective of differences, without biases. Our policies and conduct are designed to ensure that residents, patrons, and staff uphold the principles of this initiative. This initiative is dedicated to nurturing a safe and inclusive space that fosters a sense of belonging within the community, where individuals feel respected and valued.

Senior's Social | January 31

Let's get groovy with yet another senior's social event!



Arbour Lake's

SENIOR

social drop-in

January 31st 2026
12:00 - 2:00

Coffe • Snacks • Tea • Games



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Shine On

ymcacalgary.org/neighbour



Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: _____

Address: _____

Phone: _____

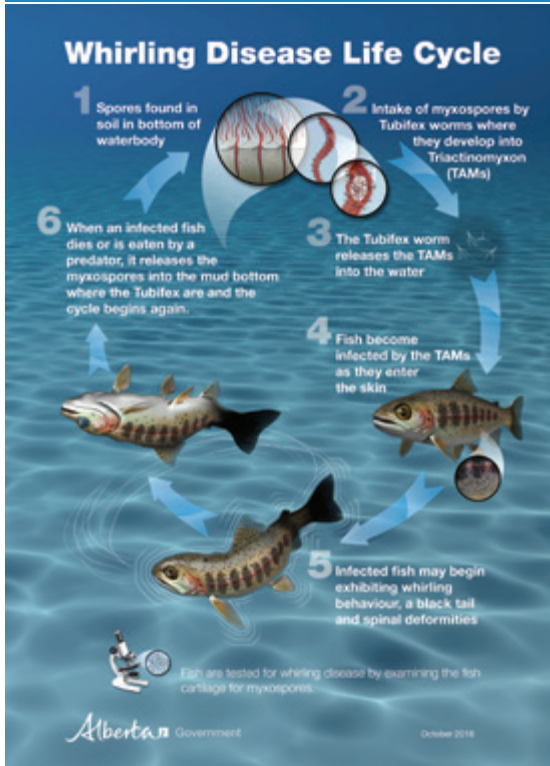
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I	G	O	K	R	R	F	N	Y	P
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WORDS CAN BE
VERTICAL,
HORIZONTAL,
DIAGONAL AND
BACKWARDS!





Fishing is Catch and Release Only!

At this time, only catch and release fishing will be permitted at Arbour Lake, until further notice. There will be no keeping of any fish of any kind of size! This is a result of Alberta Environment and Parks shutting down all fish stocking within the bow river drainage area, of which Arbour Lake is included. Due to whirling disease found in the Bow River and commercial fish culture operations, no fish may be kept. Any fish that cannot be returned to the water, must be surrendered to a staff member.

More information regarding whirling disease can be found at www.alberta.ca/whirling-disease.

Fishing

- May only be done from the designated fishing docks.
- Hooks must be Barbless and egg hooks are not permitted. No triple hooks are to be used. This ensures the survival of released fish.
- No live bait, corn, bread, minnows, smelts, fish or nets may be used to catch fish.
- Only one rod per resident may be cast at any one time and fishing lines must be attended to at all times.
- Random tackle box, bag and hook checks will be performed to ensure all Rules & Regulations are being followed.

NOTICE

You CANNOT use live bait, corn, dough, bread, minnows, smelts, fish or nets to catch fish.

You CANNOT use barbed hooks, triple hooks or egg hooks!!!



CATCH AND RELEASE ONLY
THIS IS FOR ALL FISH OF ALL SIZES AND KINDS!

Injured fish that cannot be returned to the water, **MUST** be handed over to a staff member for disposal.

Eutrophication

Here is some information on how important it is to be careful with how much fertilizer you use on your lawn. When you use too much fertilizer on your lawn, the excess nutrients are carried away by the rain and other forms or irrigation. The nutrients mix with water and find their way into our beautiful lake. These nutrients cause the algae and plants in the water to multiply rapidly, creating an algae bloom. This excessive amount of algae prevents sunlight from reaching the bottom of the lake. The plants lacking sunlight will die at the bottom of the lake where decomposers will use up the oxygen. When a bloom occurs, there is too much organic matter ready to decompose and all the remaining oxygen in the water is used by decomposers to decompose dead plants. This can cause all our fish to suffocate from the lack of oxygen. With your help in preventing the overuse of fertilizer, we can work together to keep the lake healthy and beautiful for all residents to enjoy.

Understanding Mental Health

by Recovery Alberta – Community Health Promotion Services



Mental Health is complicated. There are many ways to talk about it, and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

The Big Five to Thrive

- 1. Exercise:** This could be a walk in the community or a session at the gym.
- 2. Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- 3. Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself by those who lift you up.
- 4. Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- 5. Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical to you to better your mental health!

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		4					7	8
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	3	7					1	2

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Jennifer Wyness

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Happy New Year Ward 2!

As we start 2026, I want to share a few important updates that matter to households across our community.

Review Your 2026 Property Assessment

Property assessments arrive on January 14, and the Customer Review Period runs until March 23. Your assessment helps determine your share of property taxes, and this is your chance to confirm that your assessment is accurate and reflects real market value. When reviewing, check that the value is reasonable as of July 1, 2025, confirm that the property details are correct, and compare your assessment with similar homes in your neighbourhood.

You can estimate your 2026 bill at calgary.ca/taxcalculator. For detailed property information and comparison tools, log in at calgary.ca/mytax. Questions can be directed to 3-1-1 or calgary.ca/assessment.

Nominate a Neighbour for the Calgary Awards

Do you know a Ward 2 resident, group, or business making a meaningful impact? Consider nominating them for a Calgary Award. Categories include Community Advocate, Youth, Arts, Education, Accessibility, Environmental Achievement, and more. Nominations close January 26 at calgary.ca/calgaryawards.

Stay Safe Around Storm Ponds

Storm ponds may look frozen, but ice conditions on them are never safe. Water levels change constantly and contaminants weaken the ice. Please keep children and pets away. For safe winter activities and outdoor rinks, visit calgary.ca/winteractivities and calgary.ca/rinks.

Prevent Frozen Household Water Lines

Frozen pipes can cause major damage, but simple steps can reduce the risk. Keep your thermostat set to at least 15°C, seal cold drafts in basements and crawl spaces, insulate exposed pipes, and disconnect exterior hoses. Allow warm air to circulate around plumbing and run water regularly. More information is available at calgary.ca/frozenpipes.

Thank you for staying informed. My office is here to support you throughout the year, and you can always reach us at ward2@calgary.ca.

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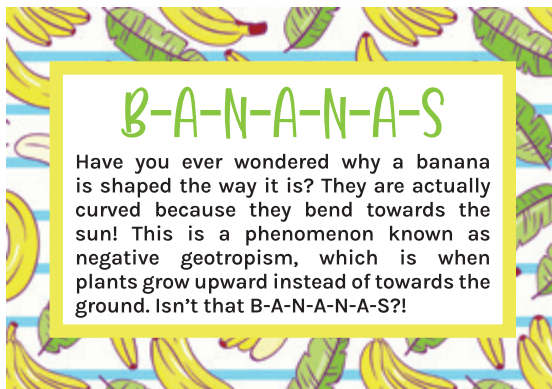
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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